

# RECREATION & INTRAMURAL SERVICES - ALUMNI ARENA - 645-2286

## RECREATION SCHEDULE

HOTLINE NUMBER: 645-3147

(HOURS SUBJECT TO CHANGE)

Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	11/16/2009	11/17/2009	11/18/2009	11/19/2009	11/20/2009	11/21/2009	11/22/2009
<b>POOL</b>	ATH-Swim for Fitness 10-Noon UB Swim Team 7-9 AM & 3-5 PM UBAM (6 lanes) 6:30-8:30 PM Diving Well: WINGS 6:30-8 PM <b>Open Swim 7-8:30 AM,                      12-1:30 &amp; 6-10 PM</b>	Masters 6:05-7:15 AM ATH-Intm Swim 9-9:50 AM ATH-Non-Swim 10-10:50 AM UB Swim Team 7-9 AM & 3-5 PM R.&I. Water Aerobics 6-7:30 PM UBAM (6 lanes) 6:30-8:30 PM ATH-Aerob.Exerc. Triathlon 7:30-9:30 PM Diving Well: WINGS 6:30-8 PM <b>Open Swim 7-8:30 AM, 12-1:30 &amp; 6-10 PM</b>	ATH-Swim for Fitness 10-Noon UB Swim Team 7-9 AM & 3-5 PM UBAM (6 lanes) 6-9 PM Diving Well: WINGS 6:30-8 PM <b>Open Swim 7-8:30 AM,                      12-1:30 &amp; 6-10 PM</b>	Masters 6:05-7:15 AM ATH-Intm Swim 9-9:50 AM ATH-Non-Swim 10-10:50 AM UB Swim Team 7-9 AM & 3-5 PM UBAM (6 lanes) 6-9 PM R.&I. Water Aerobics 6-7:30 PM Diving Well: WINGS 6:30-8 PM <b>Open Swim 7-8:30 AM, 12-1:30 &amp; 6-10 PM</b>	ATH-Swim for Fitness 10-Noon UB Swim Team 7-9 AM & 3-5 PM UBAM (2lanes) 6:30-8:30 PM <b>Open Swim 7-8:30 AM,                      12-1:30 &amp; 6-10 PM</b>	Masters Swim 6:30-8 AM UB Swim Team 8-10 AM <b>Open Swim 12:30-5 PM</b>	Diving Well: Wings 3-5 PM <b>Open Swim 12:30-5 PM</b>
<b>MAIN GYM</b>	Track Team 3-7 PM (e&w) Club Sports 7-8:30 PM (s) Cheerleaders 7-9:30 PM (e,w) Intramurals 8:30-11:30 PM	(e) ATH-Soccer 11-11:50 Track Practice 3-7 PM (e) softball 6-7 PM (e) W.Volleyball Club 7-8:20 PM (w) M.Volleyball Club 7-8:20 PM (s) Cheerleaders 7-9:30 PM (e,w) Intramurals 8:30-11:30 PM	Track Team 3-7 PM (e&w) Club Sports 7-8:30 PM (s) Cheerleaders 7-9:30 PM	(e) ATH-Soccer 11-11:50 Track Practice 3-7 PM (e) W.Volleyball Club 7-8:20 PM (w) M.Volleyball Club 7-8:20 PM (s) Cheerleaders 7-9:30 PM (e,w) Intramurals 8:30-11:30 PM	Track Team 3-7 PM (c) WBB 3-6 PM (W,S) WBB 3-5 PM	<b>(c) Temple WBB 8-9 AM                      (c) WBB 9-10 AM                      Women's Basketball                      vs Temple                      2:00 PM                      Go Bulls!!</b>	(c,s,w) MBB 9-Noon (e) CSE Event 2-6 PM (c) Indian SA basketball 6-8 PM (w) Cheerleaders 7-9:30 PM
<b>TRIPLE GYM</b>	(1) Rowing 6-8 AM (2-3) ATH Volleyball 10-10:50 (2-3) Sports Performance 2-3 PM (1) Swim Team 2:30-3 PM (1) Volleyball 3-6 PM Club Sports 6-7:20 PM Intramurals 7:30-11:30 PM	(1) Rowing 6-8 AM (2-3) ATH-Badminton 9-9:50 (2-3) ATH-Basketball 10-10:50 MBB 11-2 PM (2-3) Sports Performance 2-3PM (1) Rowing 3-6 PM Club Sports 6-7:20 PM Intramurals 7:30-11:30 PM	(1) Rowing 6-8 AM (2-3) ATH Volleyball 10-10:50 MBB 11-2 PM 3) Sports Performance 2-3 (1) Volleyball 3-6 PM (2-3) Women's Basketball 3-6 PM (1) Dazzlers 6-7:20 PM (2-3) Club Sports 6-7:20 PM Intramurals 7:30-11:30 PM	(1) Rowing 6-8 AM (2-3) ATH-Badminton 9-9:50 (2-3) ATH-Basketball 10-10:50 (2-3) Sports Performance 2-3PM (1) Rowing 3-6 PM (2-3) WBB 3-6 PM Club Sports 6-7:20 PM Intramurals 7:30-11:30 PM	(1) Rowing 6-8 AM (2-3) Sports Performance 2-3 PM (1) Swim Team 2:30-3 PM (1) Rowing 3-6 PM (2-3) Temple WBB 4-6 PM Club Sports 7:30-11:30 PM	(1) Rowing 7-10 AM (2-3) Open Recreation 10:15-7:45 PM	(2-3) Open Recreation 10:15-7:45 PM (1) Volleyball 5-7 PM
<b>JOGGING TRACK</b>	<b>Open 6am - 11:30 PM</b>	<b>Open 6am - 11:30 PM</b>	<b>Open 6am - 11:30 PM</b>	<b>Open 6am - 11:30 PM</b>	<b>Open 6am - 11:30 PM</b>	<b>Open 10-12:45 PM &amp; 5-8 PM CLOSED 12:45-5 PM</b>	<b>Open 10 AM-8 PM</b>
<b>RAC.&amp;SQU CTS</b>	ATH-Racquetball 10-12 <b>Open NOON-11:30 pm</b>	ATH-Racquetball 9-10 & 11-12 <b>Open NOON-11:30 pm</b>	ATH-Racquetball 10-12 <b>Open NOON-11:30 pm</b>	ATH-Racquetball 9-10 & 11-12 <b>Open NOON-11:30 pm</b>	<b>Open NOON-11:30 pm</b>	<b>Open 10 AM-8:00 PM</b>	<b>Open 10 AM-8:00 PM</b>
<b>DANCE STUDIO</b>	R. & I. Structured Classes: Sculpt 6-7 AM; Yoga 12-1 PM ATH-Elementary in Arts & Self Defense 9-9:50 AM UB Day Care 10-11 AM ATH-Aerobic Exercise - Pilates 11-11:50 AM ATH-Tai Chi 1 3-3:50 PM ATH-Social Dance: Latin Rhythms 4-4:50 PM Steve Schlegel 5-6 PM Dazzlers 6-8 PM UB Kickline 8-10 PM Impulse 10-11:45 PM	Club Sports 8-8:50 AM ATH-Hatha Yoga 1 9-11:50 AM ATH- Tai Chi 1 1-1:50 PM ATH-Social Dance: Latin Rhythms 2-2:50 PM ATH-Social Dance: American Rhythms 3-3:50 PM R. & I. Structured Class: Abs & TurboKick 4:45-6 PM Universal Yoga 6-8 PM Kendo Club 8-10 PM Hip Hop SA 10-11:45 PM	R. & I. Structured Classes: Sculpt 6-7 AM; Yoga 12-1 PM ATH-Elementary in Arts & Self Defense 9-9:50 AM UB Day Care 10-11 AM ATH-Aerobic Exercise - Pilates 11-11:50 AM ATH-Tai Chi 1 3-3:50 PM ATH-Social Dance: Latin Rhythms 4-4:50 PM Move it To Lose it 6-8 PM UB Kickline 8-10 PM Hip Hop SA 10-11:45 PM	club sports 8-8:50 AM ATH-Hatha Yoga 1 9-11:50 AM ATH- Tai Chi 1 1-1:50 PM ATH-Social Dance: Latin Rhythms 2-2:50 PM ATH-Social Dance: American Rhythms 3-3:50 PM R. & I. Structured Class: Abs & TurboKick 4:45-6 PM Mvoe it to Lose it 6-8 PM Kendo Karate Club 8-10 PM Impulse 10-11:45 PM	R. & I. Structured Classes: Sculpt 6-7 AM & 12-1 PM Breakdance Club 5-7 PM UB Step Troupe 7-9 PM	R. & I. Structured Class: Zumba Toning 10:30-11:30 AM UB Step Troupe 12-2 PM Break Dance 2-4 PM	Track & Field CLUB 10:30-11:30 AM Impulse 12-4 PM AASU 5:30-8 PM
<b>WRESTLING ROOM</b>	UB Wrestling Practice 2:30-6 PM Wrestling Club 8-10 PM	UB Wrestling Practice 2:30-6 PM	UB Wrestling Practice 2:30-6 PM Wrestling Club 8-10 PM	UB Wrestling Practice 2:30-6 PM	UB Wrestling Practice 2:30-6 PM		
<b>ALUMI FOYER</b>							

Facility	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	11/16/2009	11/10/2009	11/11/2009	11/12/2009	11/13/2009	11/14/2009	11/15/2009
<b>Pool</b>	<b>Open Rec Swim</b> 7:00am - 8:30am  <b>Open Rec Swim</b> 12:00pm - 1:30pm  <b>Open Rec Swim</b> 8:00pm - 10:00pm	<b>Open Rec Swim</b> 7:00am - 8:30am  <b>Open Rec Swim</b> 12:00pm - 1:30pm  <b>Open Rec Swim</b> 8:00pm - 10:00pm	<b>Open Rec Swim</b> 7:00am - 8:30am  <b>Open Rec Swim</b> 12:00pm - 1:30pm  <b>Open Rec Swim</b> 8:00pm - 10:00pm	<b>Open Rec Swim</b> 7:00am - 8:30am  <b>Open Rec Swim</b> 12:00pm - 1:30pm  <b>Open Rec Swim</b> 8:00pm - 10:00pm	<b>Open Rec Swim</b> 7:00am - 8:30am  <b>Open Rec Swim</b> 12:00pm - 1:30pm  <b>Open Rec Swim</b> 8:00pm - 10:00pm	<b>Learn to Swim Program</b> 9:30am - 10:30am  <b>Open Rec Swim</b> 2:00pm - 5:00pm	<b>Open Rec Swim</b> 2:00pm - 5:00pm
<b>Main Gym</b>	<b>ROTC</b> 5:30am - 7:15am  <b>Open Rec</b> 7:00am - 3:30pm  <b>Christian Central Academy</b> 3:30pm - 5:30pm (2/3 of courts)  <b>Open Rec</b> 5:30pm - 11:00pm	<b>Open Rec</b> 7:00am - 11:00am  <b>Inline Skating</b> 11:00am - 12:00pm  <b>Open Rec</b> 12:00pm - 1:00pm  <b>ATH 116</b> 1:00pm - 3:00pm  <b>Christian Central Academy</b> 3:30 - 5:30 (2/3 of courts)  <b>Open Rec</b> 3:00pm - 7:00pm  <b>Intramurals</b> 7:00pm - 10:00pm	<b>Open Rec</b> 7:00am - 9:45am  <b>ES Class</b> 9:45am - 10:15am  <b>Open Rec</b> 10:15am - 3:30pm  <b>Christian Central Aca.</b> 3:30pm - 5:30pm(1/3 of gym)  <b>Open Gym</b> 5:30pm - 7:00pm  <b>Floor Hockey Intramurals</b> 7:00pm - 11:00pm	<b>Open Rec</b> 7:00am - 11:00am  <b>Inline Skating</b> 11:00am - 12:00pm  <b>Open Rec</b> 12:00pm - 1:00pm  <b>ATH 116</b> 1:00pm - 3:00pm  <b>Christian Central Academy</b> 3:30 - 5:30 (2/3 of Gym)  <b>Open Rec</b> 3:00pm - 7:00pm  <b>Intramurals</b> 7:00pm - 10:00pm	<b>ROTC</b> 5:30am - 7:15am  <b>Open Rec</b> 7:00am - 3:30pmpm  <b>Christian Central Aca.</b> 3:30pm - 5:30pm (1/3 of Gym)  <b>Open Rec</b> 5:30pm - 6:00pm  <b>Joe's Program</b> 6:00pm - 9:30pm  <b>Open Rec</b> 9:30pm - 11:00pm	<b>CCF</b> 8:45am - 11:00am  <b>Open Rec</b> 12:00pm -1:30pm  <b>Roller Hockey</b> 1:30pm - 8:30pm	<b>Open Rec</b> 12:00pm - 5:30pm  <b>Indoor Soccer</b> 5:30pm - 9:30pm
<b>Basement Hallway</b>	<b>Open Rec</b> 7:00am - 11:00pm	<b>Open Rec</b> 7:00am - 11:00pm	<b>Open Rec</b> 7:00am - 11:00pm	<b>Open Rec</b> 7:00am - 11:00pm	<b>Open Rec</b> 7:00am - 11:00pm	<b>Open Rec</b> 12:00pm - 5:30pm	<b>Open Rec</b> 12:00pm - 5:30pm
<b>Fitness Center/ Weight Room</b>	<b>Open Rec</b> 7:00am - 11:00pm	<b>Open</b> 7:00am - 1:00pm  <b>ATH116</b> 1:00pm - 3:00pm  <b>Open</b> 3:00pm - 11:00pm	<b>Open Rec</b> 7:15am - 11:00pm	<b>Open</b> 7:00am - 1:00pm  <b>ATH116</b> 1:00pm - 3:00pm  <b>Open</b> 3:00pm - 11:00pm	<b>Open Rec</b> 7:00am - 11:00pm	<b>Open</b> 12:00pm - 5:30pm	<b>Open</b> 12:00pm - 5:30pm

<b>Dance Studio</b>	<b>Open Rec</b> 7:00am - 12:00pm <b>Instructor Choice</b> 12:00pm - 1:00pm <b>Open Rec</b> 1:00pm - 2:00pm <b>ATH 174</b> 2:00pm - 3:00pm <b>Open Rec</b> 3:00pm - 7:00pm <b>Impulse Dance</b> 7:00pm - 9:00pm <b>Open Rec</b> 9:00pm - 11:00pm	<b>Open Rec</b> 7:00am - 12:00pm <b>Pilates</b> 12:00pm - 1:00pm <b>Open Rec</b> 1:00pm - 6:00:00pm <b>Bollywood Bhangra</b> 6:00pm - 7:00pm <b>Open Rec</b> <b>Impulse Dance</b> 7:00pm - 9:00pm <b>Open Rec</b> <b>9:00pm - 11:00pm</b>	<b>Open Rec</b> 7:00am - 12:00pm <b>Sculpt</b> 12:15pm - 1:00pm <b>Open Rec</b> 1:00pm - 2:00pm <b>ATH 174</b> 2:00pm - 3:00pm <b>Open Rec</b> 3:00pm - 6:00pm <b>MITLI</b> 6:00pm - 8:00pm <b>Impulse Dance</b> 8:00pm - 10:00pm <b>Open Rec</b> 10:00pm - 11:00pm	<b>Open Rec</b> 7:00am - 7:00pm <b>Impulse Dance</b> 7:00pm - 9:00pm <b>Open Rec</b> 9:00pm - 11:00pm	<b>Open Rec</b> 7:00am - 12:00pm <b>Sculpt</b> 12:15pm - 1:00pm <b>Open Rec</b> 1:00pm - 6:00pm <b>Latin American SA</b> 6:00pm - 8:00pm <b>Impulse Dance</b> 8:00pm - 10:00pm	<b>Open Rec</b> 12:00pm - 5:30pm	<b>Open Rec</b> 12:00pm - 5:30pm
<b>Wrestling Room</b>	<b>All requests must first go through the University Police and then be confirmed through Clark Hall</b>						
<b>Cardio Room</b>	<b>Open Rec</b> 7:00am - 11:00pm	<b>Open</b> 7:00am - 1:00pm <b>ATH116</b> 1:00pm - 3:00pm <b>Open</b> 3:00pm - 11:00pm	<b>Open Rec</b> 7:00am - 11:00pm	<b>Open</b> 7:00am - 1:00pm <b>ATH116</b> 1:00pm - 3:00pm <b>Open</b> 3:00pm - 11:00pm	<b>Open Rec</b> 7:00am - 11:00pm	<b>Open Rec</b> 12:00pm - 5:30pm	<b>Open Rec Gym</b> 12:00pm - 5:30pm
<b>Small Gym</b>	<b>Open Rec</b> 7:00am - 11:00pm	<b>Open Rec</b> 7:00am - 11:00am <b>ATH Class</b> 11:00am - 12:20pm <b>Open Rec</b> 12:20pm - 11:00pm	<b>Open Rec</b> 7:00am - 11:00pm	<b>Open Rec</b> 7:00am - 11:00am <b>ATH Class</b> 11:00am - 12:20pm <b>Open Rec</b> 12:20pm - 11:00pm	<b>Open Rec</b> 7:00am - 11:00pm	<b>Open</b> 12:00pm - 5:30pm	<b>Open</b> 12:00pm - 5:30pm
<b>Racquetball Court</b>	<b>Open</b> 7:00am - 11:00pm	<b>Open</b> 7:00am - 11:00pm	<b>Open</b> 7:00am - 11:00pm	<b>Open</b> 7:00am - 11:00pm	<b>Open</b> 7:00am - 11:00pm	<b>Open</b> 12:00pm - 5:30pm	<b>Open</b> 12:00pm - 5:30pm
<b>Boxing Room</b>	<b>Training</b> 10:30 - 12:30	<b>Closed</b>	<b>Training</b> 10:30 - 12:30	<b>Training</b> 10:30 - 12:30	<b>Training</b> 10:30 - 12:30	<b>Training</b> 2:00pm - 4:00pm	<b>Training</b> 12:00pm - 2:00pm

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date	11/16/2009	11/17/2009	11/18/2009	11/19/2009	11/20/2009	11/21/2009	11/22/2009
Rotary Practice Field							
Rotary Field							
Hayes Softball Field						<b>Softball Intramurals</b> 9:30am - 3:30pm	<b>Softball Intramurals</b> 9:30am - 3:30pm
Clark Softball Field							
Peele Softball Field						<b>Softball Intramurals</b> 9:30am - 3:30pm	<b>Softball Intramurals</b> 9:30am - 3:30pm

# RECREATION & INTRAMURAL SERVICES-OUTDOOR SCHEDULE

## RECREATION SCHEDULE 2008    HOTLINE NUMBER: 645-3147

Facility	Monday 11/16/2009	Tuesday 11/17/2009	Wednesday 11/18/2009	Thursday 11/19/2009	Friday 11/20/2009	Saturday 11/21/2009	Sunday 11/22/2009
<b>STADIUM</b>	UB Football 3:30-6 PM Intramurals 7-11 PM	ATH Soccer 11-11:50 Football Pract. 2:30-6 Track & Field 3-6 PM	Track & Field 3-6 PM	ATH Soccer 11-11:50 Football Pract. 2:30-6 Track & Field 3-6 PM	Football Pract. 2:30-6 PM Track & Field 3-6 PM	Football Pract. 2:30-6	Football Pract. 3-6:30 PM
<b>Kunz Field (old stadium)</b>	Club Sports 3-6 PM UB Band 6:30-8:30 PM Men's Lax Club 8:30-10 PM	men's lax club 6-7 PM Intramurals 7-10 PM	Club Sports 3-6 PM UB Band 6:30-8:30 PM Men's Lax Club 8:30-10 PM	intramurals 6-10 PM	Men's Lax Club 8:30-10 PM	Sport Club 1-3 PM Intramurals 3-7 PM	
<b>Football Practice Field</b>	field closed for season	field closed for season	field closed for season	field closed for season	field closed for season	field closed for season	field closed for season
<b>North Amherst Rec Center (NARC)</b>							
<b>RAC Field</b>	Track 3-6 PM Club Sports 6-10 PM	Track 3-6 PM Club Sports 6-10 PM	Track 3-6 PM Club Sports 6-10 PM	Track 3-6 PM Club Sports 6-10 PM	Track 3-6 PM Club Sports 6-10 PM		
<b>Women's Soc. Practice Field</b>							
<b>Men's Soccer Practice Field</b>							
<b>Pepsi Center (UB Baseball Field)</b>							
<b>Nan Harvey Softball Field</b>	Softball 2:30-6 PM	Softball 2:30-6 PM	Softball 2:30-6 PM	Softball 2:30-6 PM	Softball 2:30-6 PM		
<b>ELLICOTT TENNIS COURTS</b>							
<b>Village Glen Soccer Field</b>							
<b>Village Glen Tennis Courts</b>							
<b>Alumni Tennis Courts</b>							
<b>ROTARY GAME FIELD</b>							
<b>ROTARY PRACT. FIELD</b>							
<b>Ellicott Fields</b>							
<b>Governors Field</b>							
<b>Jarvis #1 &amp; 2</b>							
<b>Flint Road Field</b>							
<b>Dienfindorf Field</b>							
<b>Peele Field</b>							
<b>Clark hall Field</b>							
<b>Hayes Field</b>							